

# Among Friends

July 2015

*The mission of the Holden Council on Aging is to assist seniors and their families by providing services and activities that will enable them to stay independent and living in their own homes for as long as possible.*

SENIOR SERVICES  
COUNCIL ON AGING  
1130 Main Street  
Holden, MA 01520  
Tel.: 508-210-5570  
Trans.: 508-210-5573  
Nutrition: 508-210-5578



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## TELEPHONE NUMBERS

Senior Center 508-210-5570  
Transportation 508-210-5573  
Dining Site 508-210-5578  
& Lunch Reservations  
Veterans' Agent 508-210-5529  
Fax 508-829-0214

## HOURS

Monday through Friday  
8:00 a.m. to 4:00 p.m.

## TIME TO DOWNSIZE?? JOIN OUR FLEA MARKET!



The Friends of HCOA will again host an indoor flea market on Holden Days, **Saturday, August 22**. We will open the building at 7:00 a.m. for the purpose of setting up and close the building at 3:00 p.m. Please remember that all items you bring in, but don't sell, you must take home with you as we have no storage availability. Cost for a table is \$20.00 and you can make your check payable to Friends of HCOA. You can bring your check to the Senior Center or mail it to Holden Senior Center at 1130 Main Street, Holden, MA 01520. If you have questions, please call Paula Grady at 508-829-3462. The kitchen will be open. Further details will appear in the August newsletter.

## DUPLICATE BRIDGE COMES TO THE HOLDEN SENIOR CENTER!

The "Wachusett Bridge Club" will be a new Duplicate Bridge Club at the Holden Senior Center! Open to all wishing to play competitive duplicate bridge in games sanctioned by the American Contract Bridge League (ACBL). Games will be held on **most Mondays** beginning at **12:30 p.m.** and will usually last until about 3:45 p.m. ACBL masterpoints will be awarded to winners, and **ALL PLAYERS ARE WELCOME** who currently have less than 200 ACBL masterpoints. Card fees are \$3 per person. Partnerships or single players are welcome, and membership in the ACBL is **NOT** required. **FIRST GAME ON MONDAY, JULY 13.**



## PIZZA PARTY!!



Join us on **Wednesday, July 15 at 12:00 p.m.** for a pizza party. We will serve pizza and dessert. Cost for this lunch will be \$2.50. **Reservations are REQUIRED** by calling Sue at 508-210-5578 between the hours of 9:00 a.m. and 1:00 p.m. Reservations must be made by 1:00 p.m. on Monday, July 13.

## HAPPY INDEPENDENCE DAY!

The Senior Center will be open on **Friday, July 3**. **HOWEVER** Elder Services of Worcester is closed. This means that there will **NO** lunch that day.

The 1:15 p.m. Spring Fitness Class is also **cancelled** for Friday, July 3. All other Senior Center programs will take place as scheduled.



## REMEMBER!!!



**The Senior Center is air conditioned. We make every effort to maintain the temperature @75°, however, if you feel you may be chilly, we encourage you to bring a sweater.**



# UPCOMING TRIPS



**Wed., July 15 ... Lake Winnepesaukee Cruise & Castle in the Clouds ...** Our trip includes: A Cruise on Lake Winnepesaukee: While sailing aboard the Doris E., we'll enjoy a scenic tour out of Weirs Beach. The Doris E. provides scenic touring of the smaller islands adjacent to Weirs Bay. You'll be totally immersed in the spectacular scenery of the Western end of Lake Winnepesaukee. Lunch at The Lakehouse, Meredith, NH: This delightful restaurant offers a unique, attentive dining experience in an Adirondack-style setting with sweeping views of Meredith Bay on Lake Winnepesaukee. Your luncheon meal choices are: Baked Scrod, Grilled Boneless Chicken Breast or Roast Pork Loin. Also included: Salad, Potato, Vegetable, Dessert, Coffee/Tea. Visit to Castle in the Clouds: Bring your friends and family and come up to the Castle. Enjoy truly breathtaking views from this spectacular turn-of-the-century sixteen-room Arts & Crafts mansion perched high on a pristine 4400 acre mountaintop estate overlooking Lake Winnepesaukee! Cost of this trip is \$99.95/person, which includes: transportation, luncheon, cruise, admission to Castle in the Clouds. *Please make checks payable to Friends of HCOA. Final payment is due June 24th. ...And remember, if you cancel and we are able to fill your seat(s) you will be reimbursed.*

**Fri., July 17 ... A Day in Boston ...** Depart the Senior Center at 8:00 a.m. Return to the Senior Center @6:00 p.m. This trip is rescheduled from June 19th. Cost of the trip is \$70.00/person - **There's still room!**

**Tues., Aug. 11 ... The Bobby Darling Show & Foster's Clambake in York, ME...** Touted as the Northeast's most hilarious musical comedy duo, Bobby Darling and Dr. Devine bring their show to Foster's Clambake Restaurant. If you are a fan of the Smother's Brothers you'll love this show! Not only are they two incredibly talented musicians, their uncanny wit and humor will have you in stitches. Not only will you enjoy this wonderful show but you'll also enjoy a traditional Maine Lobsterbake. Your meal includes: Whole boiled 1 1/4 lb. lobster, clam chowder, fresh steamed Mussels, Fresh Maine Clams, Corn-on-the-Cob, Potatoes & Onions, Blueberry Cake, Rolls, Butter & Beverage. (a 1/2 BBQ chicken is available as a non-lobster alternative. Cost for this trip is \$91.00/person which includes luxury bus, lobster luncheon, show and driver's gratuity. Final payment must be made by July 21st.

**Future trips include:** The Beach Boys Still Surfin' Show; New Hampshire's Turkey Train; and Norman Rockwell's Home for the Holidays. See future newsletters for details.

**WHEN ARRIVING FOR ANY TRIP, PLEASE PARK AS CLOSE TO THE BALL FIELD AS POSSIBLE** as we have other events taking place at the Senior Center during the day.

## JOIN US FOR LUNCH AND DESSERT



July is National Blueberry AND National Ice Cream month so we decided to treat those who come for lunch on **Wednesday, July 22** to a special dessert. You'll enjoy your lunch then a delicious home-made blueberry dessert topped with delicious ice cream. To make your lunch (and dessert) reservation, please call Sue at 508-210-5578. Suggested donation for lunch is \$2.50 - dessert will be our treat.



## BAND CONCERT AND SOCIAL



We welcome back the Wachusett Community Band for a concert on **Monday, July 20** at **1:00 p.m.** After the performance we invite you to enjoy delicious refreshments and the company of old friends and perhaps make new ones as well. To reserve your seat please call 508-210-5570.

## SHINE COUNSELOR

**Monday, July 13 and Monday, July 27  
BY APPOINTMENT ONLY**



## **NEWS FROM SHINE**



### **Medicare Appeals**

If you have Medicare, you have the right to appeal decisions you disagree with. All steps in the appeal process have specific time frames and other requirements. ***It is very important to pay attention to the time limits for appeals!***

Some appealable situations are:

- Medicare denies your request for a health care service, supply, or prescription
- Medicare denies payment for health care that you have already received
- Medicare stops covering services that you are receiving
- Medicare pays a different amount than you believe it should
- Medicare drug plan denies coverage of your medication

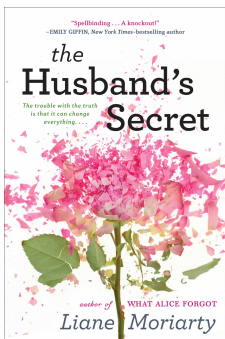
For assistance with appeals, the Medicare Advocacy Project (MAP) provides free advice and legal representation. MAP can assist anyone with Original Medicare or a Medicare Advantage Plan, regardless of income. For assistance from MAP, call the Massachusetts Senior Legal Helpline at 866-778-0939. **For more information on Medicare Appeals go to our website [shinema.org](http://shinema.org) and view our latest "Medicare and More" Program.**

### **CENTRAL MASS SHINE WEBSITE**

You can visit us on the web at [www.shinema.org](http://www.shinema.org). Our site has valuable general information and links to other agencies that can



### **BOOK DISCUSSION GROUP**



The book discussion group will meet at **10:00 a.m.** on **Thursday, July 16** to discuss the book, The Husband's Secret by Liane Moriarity. Imagine that your husband wrote you a letter, to be opened after his death. Imagine too, that the letter contains his deepest, darkest secret - something with the potential to destroy not just the life you built together, but the lives of others as well. Imagine, then, that you stumble across that letter while your husband is still very much alive.... Cecelia Fitzpatrick has achieved it all - she's an incredibly successful businesswoman, a pillar of her small community, and a devoted wife and mother. Her life is as orderly and spotless as her home. But that letter is about to change everything, and not just for her: Rachel and Tess barely know Cecelia - or each other - but they too are about to feel the earth shattering repercussions of her husband's secret.







Acclaimed author Liane Moriarity has written a gripping, thought-provoking novel about how well it is really possible to know our spouses - and, ultimately, ourselves.

### ***JULY CHAIR YOGA***

*Jump into July...with these amazing yoga classes. July 7... Feel your roots: Legs/feet/hips **RED**- Earth ; July 14... Find your Flow: creativity, abundance **ORANGE** -Water ; July 21 ... Cooling, calming Yoga ; July 28... Centering core yoga: radiate well-being **YELLOW** -Fire*



# JULY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE</b>	<b>SPRING CHICKEN FITNESS</b>  <b>FRIDAY @1:15 P.M.</b>	<b>1</b> 8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch <i>American Chop Suey</i> 1:00 Pitch Party	<b>2</b> 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Chicken w/Asparagus</i> 1:00 Bridge	<b>3</b> 10:00 Poker <i>No Lunch Today</i> 1:00 Cribbage
<b>6</b> 8-4:00 Billiards 12:00 Senior Lunch <i>Lemon Thyme Chickem</i>	<b>7</b> 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Beef w/Jardinere Sauce</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	<b>8</b> 8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch <i>Herb Roasted Pork</i> 1:00 Pitch Party	<b>9</b> 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Spaghetti &amp; Meatballs</i> 1:00 Bridge 	<b>10</b> 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Cheese &amp; Spinach Omelette</i> 1:00 Cribbage 1:15 Spring Chicken Fitness
<b>13</b> <b>Shine BY Appt. Only</b> 8-4:00 Billiards 12:00 Senior Lunch <i>Macaroni &amp; Cheese</i> 12:30 Duplicate Bridge 	<b>14</b> 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Greek Chicken</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	<b>15</b> 8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 <i>Pizza Party</i> 1:00 Pitch Party 	<b>16</b> 8-4:00 Billiards 10:00 Mah Jongg 10:00 Book Discussion Group 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Meatloaf &amp; Gravy</i> 1:00 Bridge	<b>17</b> 8:00-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Breaded Fish</i> 1:00 Cribbage 1:15 Spring Chicken Fitness 
<b>20</b> 8-4:00 Billiards 10-12:00 <b>Legal Clinic</b> 12:00 Senior Lunch <i>Salisbury Steak</i> 12:30 Duplicate Bridge 1:00 Wachusett Comm. <b>Band Concert &amp; Social</b>	<b>21</b> 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Vegetable Cheese Bake</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	<b>22</b> 8-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 <b>Senior Lunch</b> <i>Chicken Murphy And Blueberry Dessert</i> 1:00 Pitch Party 	<b>23</b> 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Salmon Boat w/Dill</i> 1:00 Bridge	<b>24</b> 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Egg Salad &amp; Pasta Salad</i> 1:00 Cribbage 1:15 Spring Chicken Fitness
<b>27</b> 8-4:00 Billiards 12:00 Senior Lunch <i>Jambalaya</i> 12:30 Duplicate Bridge	<b>28</b> 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Meatballs/Onion Gravy</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga 	<b>29</b> 8:00-4:00 Billiards 9:00 Tai Chi 10:00 Senior Walkers 12:00 Senior Lunch <i>Pork Chow Mein</i> 1:00 Pitch Party	<b>30</b> 8:00-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>BBQ Chicken</i> 1:00 Bridge	<b>31</b> 8:00-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Fish w/Crumb Topping</i> 1:00 Cribbage 1:15 Spring Chicken Fitness



## COMING IN AUGUST ...

August 3 ... Back by popular demand  
ZENTANGLE!



Denholm's

August 10 ... Program on Denholm's

August 12 ... Senior Center Annual Picnic



## FRIENDS OF HCOA

### I WOULD LIKE TO:

- ☐ Renew My Membership  
☐ Become a New Member

Enclosed is my \$5.00 Donation  
Please Send My Membership Card To:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

You can stop by the Senior Center to join or mail your membership to: Holden Senior Center, 1130 Main Street Holden, MA 01520.

## SUMMER'S HERE!

Now that the horrible, cold and snowy winter is behind us, here's a few tips for staying cool and safe this summer:



- ⇒ Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink. **Warning:** If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink while the weather is hot.
- ⇒ Don't drink liquids that contain alcohol or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- ⇒ Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air
- ⇒ conditioning, go to the shopping mall or public library or Senior Center—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.
- ⇒ Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent
- ⇒ heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- ⇒ Wear a hat and light-colored clothing.
- ⇒ Limit your outdoor activity to morning and evening hours.
- ⇒ Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels).

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Return Service Requested

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Friends of the Holden COA  
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Holden, MA 01520